

NAVY MEDICINE LIVE

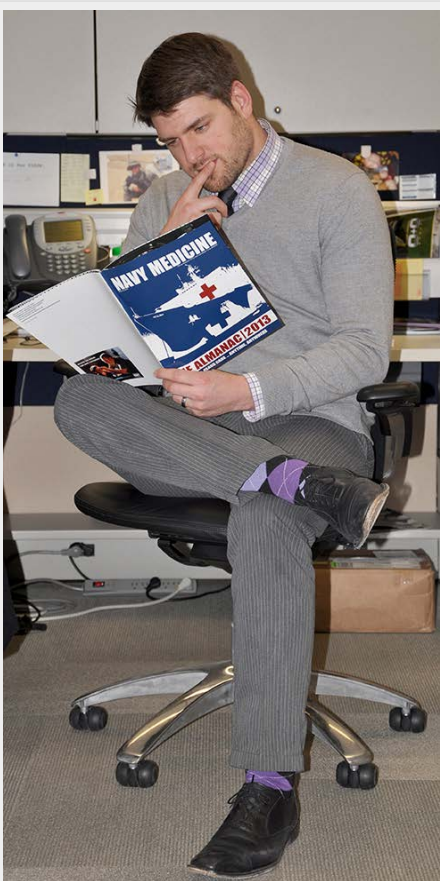
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Written on JUNE 3, 2013 AT 7:00 AM by VKREMER

Get Healthy Like a Man

Filed under FLEET AND THE FLEET MARINE FORCE, HEATH, PUBLIC HEALTH (ONE COMMENT)

By Paul R. Ross, U.S. Navy Bureau of Medicine and Surgery Public Affairs



Paul Ross, deputy public affairs officer, BUMED, will be blogging about living healthy during June for the “Get Healthy Like a Man” campaign.

I’m a typical man. I get a monthly manicure. I lather, rinse and repeat. I even cry every time Patrick Swayze hoists up Jennifer Grey at the end of “Dirty Dancing” ... err ... I mean “Road House” – when he beats up all those guys.

So maybe I’m not John Wayne. I may not even be John Stamos. My dad, who has more blue on his collar than in a clear day’s sky, says I have got writer’s hands – which is his way of letting me know that he still loves me even though I don’t know the difference between a claw hammer and ratchet set. I’m the guy whose wife gets sick and tired of sitting outside of dressing rooms as I parade around in my new skinny tie and plaid shirt combo, asking if these chinos make my thighs look big.

But regardless of the lack of calluses on my soft hands and despite my complete lack of knowledge of how to fell a tree or skin a deer, there’s still one aspect of my life that can be as manly as the bearded lumberjack who mocks me from my paper towel packaging – my health.

Throughout the month of June, Navy Medicine is celebrating Men’s Health Month by urging our male Sailors, Marines, civilians and family members to *Get Healthy*


Like a Man. (And for our female population, we will be doing a similar campaign during October, which is Women’s Health Month).


Over the next 30 days we will be featuring health and fitness tips and guidance on Navy Medicine’s Facebook and Twitter pages as well as our Navy Medicine Live blog. We’ve enlisted the help of some of the enterprise’s finest experts to provide how we should be working out, what we should be fueling our bodies with, and how to maintain our overall


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physical and mental health.

To show that we are practicing what we preach, I will be adopting a completely healthy lifestyle throughout June. For your ~~amusement~~ education, I will be blogging about my experiences and challenges, but it will most likely be me complaining as I realize that *Doritos Locos* tacos aren't part of my new diet. So even if you don't want to *Get Healthy Like a Man*, you can tune in to our social media sites to find out how many miles it takes me to throw up my protein shake, or to see pictures of a grown man crying from side cramps while wearing designer gym shorts.

A large portion of our audience has to perform a yearly Physical Readiness Test (PRT) because they wear a uniform to work every day and fitness is a key to Navy readiness. Although I turned in my Air Force blues a few years ago, I will be put through the Navy PRT at the beginning and the end of the month to track my progress. During ~~the hardest 30 days of my life~~ June, I will be doing a variety of activities including a Marine Corps Martial Arts Program class, a military obstacle course, a wounded warrior yoga class, as well as working out regularly and eating right.

So, if you've been reluctant to get back to the gym or on a healthy eating plan, then Men's Health Month is the perfect reason to get fit.

My male friends, it's time. It's time to put down the remote. It's time to rise up from your couch cushion crevice and brush the tortilla chip crumbs from your shirt. It's time to *get healthy ... like a man*.

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vkremer tagged this post with: [Get Healthy Like a Man](#), [health](#), [Navy](#), [Navy Medicine](#), [Navy PRT](#), [Physical Readiness Test](#)

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Dr. X

If you don't want to get healthy, then you can find your own ride home! Very excited about the upcoming blog posts and insight on how to get healthy without eating rice cakes and ice cubes.

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Written on JUNE 6, 2013 AT 7:00 AM by PROSS

Get Healthy Like A Man: Fitness Test Failure

Filed under HEATH PUBLIC HEALTH U.S. MARINE CORPS

(3 COMMENTS)

By Paul Ross, U.S. Navy Bureau of Medicine and Surgery Public Affairs

Two more sit-ups.

Two more sit-ups were all that stood between me and losing the respect of my co-workers. Two more sit-ups were all that stood between me and having to hear my wife ask, “Seriously?” as she failed to hold back her laughter. Two more sit-ups were all that stood between me and having to write a really embarrassing blog about failing the Navy Physical Readiness Test (PRT) ... two ... more ... sit-ups.

Did I come up short in order to add a bit of humor to this blog? Did I know failing this test would be the perfect jumping off point for our campaign, “Get Healthy Like A Man?” Was I willing to risk my athletic reputation to provide fodder for this post?

No ... no, I was not. I simply failed and there’s no one to blame but me and my cockiness.

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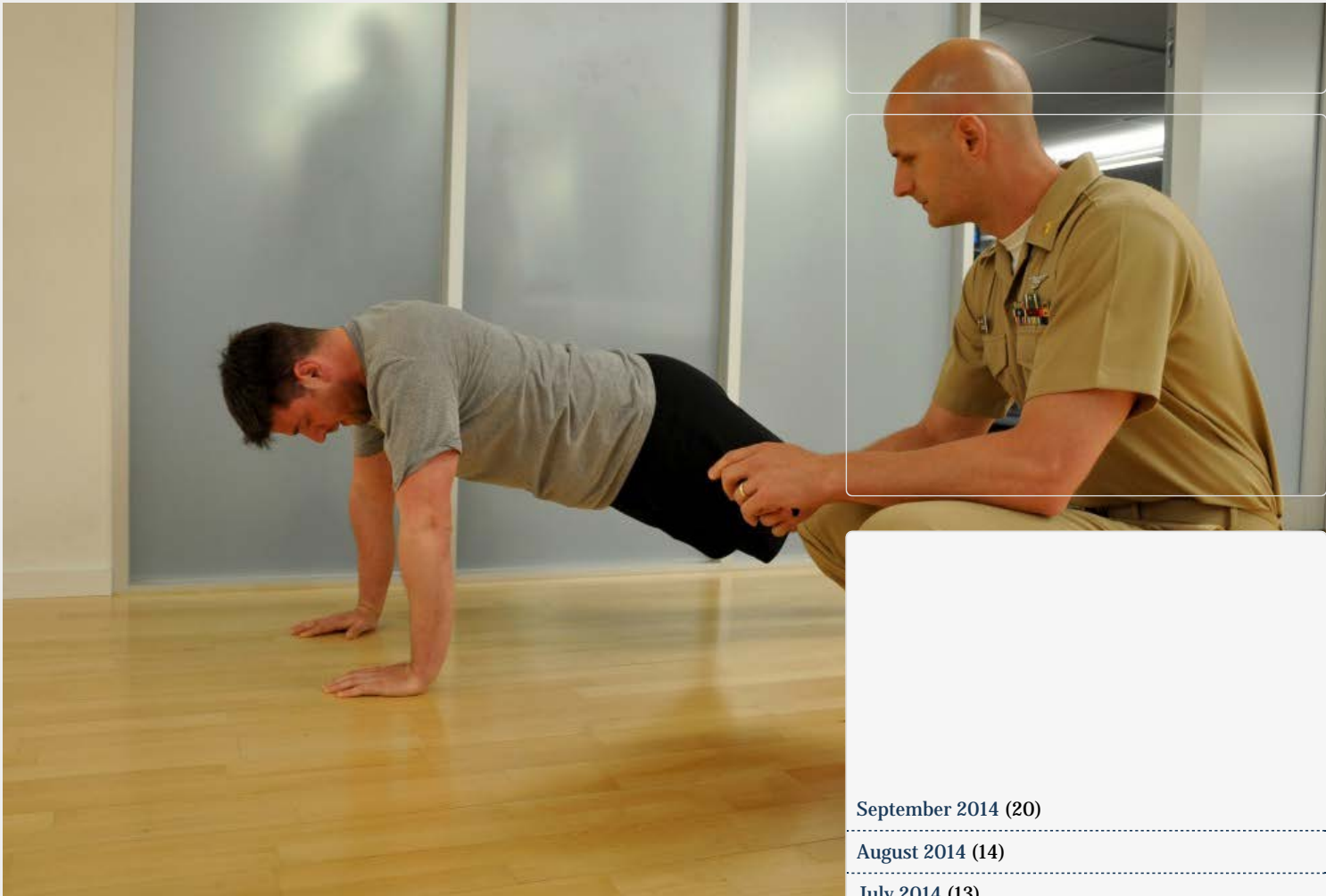
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Lt. Neil Cascardo, Medical Service Corps personnel planner and one of U.S. Navy Bureau of Medicine and Surgery's, administers the push-up portion of the Navy Physical Readiness test to Paul Ross, BUMED deputy public health Month social media campaign. (Photo by Valerie)

I made a few errors coming into the test. I wanted to see how I would fare having not worked out for three weeks. It was an anti-training regimen of sorts. My reverse workouts consisted of simultaneously shoveling handfuls of chips into my mouth while doing remote reps between ESPN and the NFL Network. Over this magical 21-day sloth session, I could feel myself getting out of shape. My ~~skinny~~ vintage straight jeans fit tighter. My breath grew shorter even with a short jaunt up the steps. The scale turned against me as I gained about six pounds. But my ability to eat multiple bowls of ice cream in a single sitting improved vastly.

Even after my three-week hiatus from anything and everything that involved a healthy lifestyle, I still was not worried about the PRT. I'm an athlete. I grew up wrestling, playing football and running track. In my adult life I've done Mixed Martial Arts and Brazilian Jiu Jitsu. I served in the Air Force for four years and consistently maxed-out my physical fitness test scores. Heck, I even had a rather impressive intramural career — at least that's how it sounded when I called to brag to my mom after my Tuesday night co-ed flag football games. But I should've known better than to take this test lightly.

Not knowing what I needed to do to pass was my biggest mistake. I should've looked up the minimum qualifying scores for my age group (25-29). Had I done this, I would've known that as I reached my 41st sit-up, with time left on the clock, I only needed two more to pass. But I assumed 41 was good enough as I looked at my PRT monitor — sweat pouring down my face — while grunting, "I'm good, LT."

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Lt. Neil Cascardo, Medical Service Corps personnel planner and one of U.S. Navy Bureau of Medicine and Surgery’s (BUMED) assistant command fitness leaders, goes over the height and weight standards with Paul Ross, BUMED deputy public affairs officer, after his Navy Physical Readiness Test. Ross took the test as part of a Men’s Health Month social media campaign. (Photo by Valerie Kremer)

I’m about as proud of my pedestrian PRT scores as I am of crying like a baby in front of a packed church on my wedding day, which also involved my wife asking, “Seriously?” as she failed to hold back her laughter.



Lt. Neil Cascardo, Medical Service Corps personnel planner and one of U.S. Navy Bureau of Medicine and Surgery’s (BUMED) assistant command fitness leaders, tells Paul Ross, BUMED deputy public affairs officer, his time for the run portion of the Navy

For the Navy PRT you get two minutes to do sit-ups, two minutes to do push-ups and then a mile and a half run. Other options instead of the run include swimming, riding a stationary bike, or using an elliptical machine. Your height and weight are also measured. If you are out of standards then you get your waist and neck measured to determine your body fat percentage.

I did 41 sit-ups, 40 push-ups, and I ran the mile and a half in 13 minutes and 42 seconds (on a treadmill). My neck measured at a svelte 17 inches. My waist surprised me at 37 inches ... granted I had a large breakfast that morning (that’s a lie). I measured at 5’11” even though I tell everyone I’m a cool six feet tall and I weighed in 205. Through a magical algorithm that I’ll never understand, I found out that my body fat is 19%.

So now I have something to shoot for. I’ve already begun my “Get Healthy Like A Man” regimen. I have not eaten a piece of junk food since the month began. I’ve worked out every day and am even standing at my desk while typing this soul-crushing confession. My icy caramel frapamachachinos have been replaced by

Physical Readiness Test. Ross took the test as part of a Men's Health Month social media campaign. (Photo by Valerie Kremer)

healthy green tea and so far, I feel great.

I've got a lot of goals for Men's Health Month. I, of course, want to crush the PRT the next time I take it, but I'm not training specifically for it. I'm working to become an overall healthier person. Through my workouts I will decrease my run-time, slim down my

waist, and build my upper body strength to knock out more push-ups. As for sit-ups, they've always been a pain in my side – an exercise that mocks me like a heckler at a terrible comedy show. But I can assure you ... I'll never come up two short again.

To learn more about the Navy PRT, visit: <http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx>.

To check out my first, "Get Healthy Like a Man," blog post that kicked off the month, click [here](#).

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Dr. X

Two situps huh? That's like Maurice Jones Drew having a 2nd and 6 from the 10 yard line with a minute and a half left, down 22-21, and running for 9 yards and kneeling at the 1 yard line. (This is a shout out to all of the NFL and specifically the fantasy football guys out there!) While he did it to make sure his team won, you finished just short because, as you alluded to, didn't know what your goals were. To put that in terms of most of your readers that are out of shape and eating terribly like me, its like eating around the middle of a big juicy bar-b-que burger and not having room to eat the best part: the middle. I know you said you weren't going to use this month to train to pass the PRT, but I'd like to know your goals for pushups, situps, and the mile and a half run. I hope your goals aren't just more than the minimum for the 3 parts of the test, but to go above and beyond the minimum. Also, do you have goals for weight and body fat percentage? As a man that always sets New Year's Resolutions and other goals before I start a workout or training regimen, I think having goals are the first step to "getting in shape". Can you please share your goals with us readers? Thanks Paul and keep up the good work!

pross
Dr. X-

My goals will be listed in Tuesday's blog, which is the next in my series of "Get Healthy Like A Man" posts. The Navy Medicine blog team truly enjoyed your analogies. As a football fan myself, I can appreciate the MJD comment.

Thanks for reading!
-Paul

AlisseKowalsky

-8 kilograms in one month, this is my result after using thermacuts fat burner, one day i came across video about these pills and decided to give it a try, rasults are awesome, those of you who have problems to lose weight you must try it, i don't remember url, but search in google for thermacuts fat burner

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Written on JUNE 11, 2013 AT 3:24 PM by [PROSS](#)

Get Healthy Like A Man: Goals

Filed under [UNCATEGORIZED](#)

(ONE COMMENT)

(Editor's note: Throughout the month of June, Navy Medicine is celebrating Men's Health Month by urging our male Sailors, Marines, civilians and family members to "Get Healthy Like a Man." Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, will be blogging about living healthy during the month.)

By Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer

As I strive to meet my goals during Men's Health Month, I will be faced with many challenges. Some of these will be internal struggles while others will come from those closest to me.

Just this weekend my daughter asked me, with her big cobalt eyes, for pancakes from a fast food chain. My wife overheard and said she could really go for a breakfast sandwich. These women, who I love more than anything on this earth, were now killing me. I'm sure if my son could talk he probably would've asked for a hash brown as well. Maybe they wanted to challenge me, maybe they knew I'd be strong, or maybe they just thought it'd be hilarious to send me to the drive-through knowing I couldn't partake in the greasy goodness. So I did what any man who hasn't eaten junk food in more than a week would do — I went.

After placing their orders I thought for a second about how good one of those mouth-watering breakfast sandwiches would taste. The words "bacon, egg and cheese" were about to exit to lips after the muffled voice from the speaker asked, "Anything else?" But I remembered my goals and the entire point of this campaign. I didn't order anything for myself. The five-minute ride home seemed like 20. The delicious, unhealthy smells taunted me from the passenger seat. As soon as I got in the door I threw the white paper bag at my seven-year-old daughter and retreated to the kitchen to make an egg white omelet and some oatmeal.

Temptation did not win that Saturday morning, and that little victory was more satisfying than all of the McGriddle sandwiches in the world. But the whole reason I was able to be strong was because of the goals I set for myself as this month began.


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Throughout the month of June, Navy Medicine is celebrating Men’s Health Month by urging our members to “Get Healthy Like a Man.” Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, and U.S. Marine Corps Staff Sgt. Mark Faylog

When I started writing this goal-centric column I did what any self-proclaimed “talented” writer would do — I Googled the words, “quotes about goals.” Unlike my previous searches of “how to fix your garbage disposal” and “what to say when delivering the best man speech at your brother’s wedding,” the search engine actually helped me succeed.

Like a teenage girl does to her middle school locker with photos of Zac Efron, Justin Bieber and ~~Alan Thicke~~ Robin Thicke, I have littered my fridge with quotes to keep me motivated as I chase my goals. Here are a few of the best:

- “What keeps me going is goals.” – Muhammad Ali
- “What you get by achieving your goals is not as important as what you become by achieving your goals.” – Henry David Thoreau
- “When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.” – Confucius
- “The game has its ups and downs, but you can never lose focus of your individual goals and you can’t let yourself be beat because of lack of effort.” – Michael Jordan
- “You need to overcome the tug of people against you as you reach for high goals.” – George S. Patton

Originally, the quotes about goals portion of the blog was going to be used for comedic effect. I was hoping to find some cheesy ones and make jokes about them. But after reading a few, my motivation was renewed.

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This month has already proved difficult on a few levels. It's hard to maintain a healthy diet. It's summer time and there are barbeques and parties to attend. While my family and friends are throwing back bacon burgers, chicken wings and the various refreshments that come along with this setting, I am looking for healthier alternatives like grilled kale, chicken breast and iced green tea. I am enjoying my new diet because I feel better. But that doesn't mean I don't want to weep sadly for ever coming up with this idea when I smell a T-bone steak searing on my neighbor's grill.

For most of us, we are pulled in many different directions. I'm very fortunate to be a father of two great kids, a loving husband to an amazing wife, and to have a job that I enjoy going to every day. The responsibilities to those things are enough to fill the 24 hours in most people's day. But now I am taking the extra steps to becoming a healthier person. It's takes time to cook right. It takes even more time to exercise. It takes time to maintain good mental health, which means keeping everything in perspective and my priorities in line.

So as I built my goals, I took all of this into consideration. I believe I've set the bar high and I hope to accomplish all of these by the time I bid farewell to the month of June.

Paul Ross' 16 Mostly Attainable "Get Healthy Like A Man" Goals For Himself From Himself:

1. Don't be the dad wearing his shirt at the pool all summer, despite how nice the shirt is.
2. Don't say "I'm getting to old for this" as you chase your kids around the park.
3. Do 65 push-ups in a minute ... one-handed ... okay two-handed is good enough.\
4. Run a mile and a half in under 12 minutes.
5. Do 55 sit-ups in two minutes even though you hate sit-ups so much that you want to punch the exercise in the face.
6. Don't run out of breath just by watching pro athletes fly up and down the court during the NBA Playoffs.
7. Inspire others to get healthier.
8. Have your wife tell you that you are as pretty as the day she met you.
9. Get your waist measurement to 35 inches.
10. Don't get injured — always stretch and warm-up properly.
11. Have someone tell you that you look like a young Brad Pitt ... okay, maybe Ethan Hawke ... fine I'll settle for "that guy from that one movie I saw ... he was in decent shape."
12. Learn to play "Stairway To Heaven" solo on the guitar even though it has nothing to do with Men's Health Month.
13. Convince your mom and dad to quit smoking cigarettes.
14. Get at least seven hours of sleep each night even though you just discovered "Breaking Bad" and have two seasons to get through on Netflix.
15. Do not eat a bite of fast food — not even that one brown French fry left in the bottom of the bag.

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16. Have fun — because if you’re not having fun, what’s the point?

Now that you’ve read my Men’s Health Month goals, share some of yours.

-Paul Ross

Click below for Paul’s previous “Get Healthy Like A Man” entries:

Blog #2: [Get Healthy Like A Man: Fitness test Failure](#)

Blog #1: [Get Healthy Like A Man](#)

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Dr. X

Thanks for this posts on goals and listening to your reader(s)! I’ve been working on getting healthy like a man this month just like you Mr. Ross. I ran a half marathon in May and plan to run another one later this year. I finished my first race in 2:07:06 so my goal for later this is to finish the distance in under 2 hours. I am running my first ever Tough Mudder with some friends later this month and, although I don’t really know what kind of goals to set for it, I have other goals in mind by the time of the event. I am currently at 205 pounds and would like to get to 195 pounds by the Tough Mudder in late August. I am sharing your goal of not eating fast food or drinking sodas, and am going to try to cut out all meat and dairy products other than some occasional fish and chicken. As for workout goals, I am going to borrow yours for pushups and situps, and am also going to add being able to do 15 unassisted, wide grip pull ups in one minute. Thanks for another great post and can’t wait for another!

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Written on JUNE 19, 2013 AT 8:59 PM by PROSS

Get Healthy Like A Man: Overcoming Obstacles

Filed under [FORCE HEALTH AND SAFETY](#) [HEATH](#) [MEN'S HEALTH](#)

(NO COMMENTS)



Marine Corps Staff Sgt. Mark Fayloga, Marine Corps social media chief, helps Paul Ross, U.S. Navy E-7, navigate an obstacle at Fort Meade, Md. during Ross' "Get Healthy Like A Man" campaign.

(Editor's note: Throughout the month of June, Navy Medicine is celebrating Men's Health Month by urging our male Sailors, Marines, civilians and family members to "Get Healthy Like a Man." Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, will be blogging about living healthy during the month.)

By Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer

I stared out at the 340-foot long obstacle course ahead of me and questioned why I was here on a drab Friday morning, stretching with the sun as it let out a weak groan across the horizon – unable to stop the pending rain.

As I started my goal to "Get Healthy Like A Man," I knew I'd have to overcome obstacles. But I thought they'd be metaphorical ones, like convincing myself that plain Greek Yogurt

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didn't taste like wallpaper paste or that sneaking downstairs at 3 a.m. to eat the entire chocolate portion of the Neapolitan ice cream in the freezer was unacceptable.

While the month has contained many symbolic challenges, metaphors were the last thing in my mind as I took in the meticulously pieced together puzzle of wood and metal – these obstacles were as literal as it gets.

My friend and public affairs colleague, Marine Corps Staff Sgt. Mark Fayloga, was putting his Marines through some physical fitness training that morning and invited me along as part of my Men's Health Month quest. I assumed he invited me out – because like most good friends – we take pleasure in making each other look like idiots.

But I soon found that the camaraderie displayed by Fayloga and his Marines is the exact reason I loved serving in and working for the military. I wasn't going to fail because they were going to ensure I achieved success. That's not to say that it would be easy, or that I'd overcome each obstacle flawlessly. But when I needed a boost up, there was a camouflaged knee there for me to stand on. When I needed a hand, a Marine's firm grip was extended.



Marine Corps Staff Sgt. Mark Fayloga, Marine Corps social media chief, helps Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, navigate an obstacle at Fort Meade, Md. during Ross' "Get Healthy Like A Man" campaign. (Photo by Marine Corps Cpl. Daniel Wetzel)



Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, navigates an obstacle at Fort Meade, Md. during his "Get Healthy Like A Man" campaign. (Photo by Marine Corps Cpl. Daniel Wetzel)

I have to admit that when I saw the course I thought that I'd be able to complete it. But after we stretched and did a walkthrough of how to navigate all the obstacles, Fayloga let us know that we would be running through the course multiple times – or until the rain made it too dangerous to complete.

We were instructed that if we could not complete a certain obstacle, we were to step off to the side and complete 10 up-downs, or burpees, and then jump back onto the course.

I went through the course once. I was able to complete all of the obstacles except for the 20-foot high rope climb at the end. I made it up about halfway when I started losing my foothold on the rope. I slowly climbed down, expecting the band of Marines to embarrass me and let me know how pathetic I was. Instead they all were telling me how great of a job I did and how this course was far from easy.

But before I could let them convince me to pat myself on the back, I was back at the start. I ran through it again, this time my upper body muscles burned and became tight. Each obstacle was harder to overcome, but with some help from Fayloga and his Marines I made it back through. I tried the rope again even though I knew I wouldn't make it to the top, getting halfway again. When I couldn't complete it, I did my up-downs and headed back to the start.

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We were now running the first third of the course, and then we headed back to the beginning. Then we ran the first two-thirds of the course and back to the beginning and so on and so forth until we ran through the entire course again from start to finish.

By the time we were done, my muscles were as tired as a narcoleptic on Nyquil. My arms and legs were bloodied and bruised. I'm sure I did a great job of making the obstacle course look harder than it is. But I had a lot of fun, and aside from wearing sweat pants (because I couldn't get my old BDUs to fit) and being out of shape, it was the closest I've felt to being in the military since I was honorably discharged in 2008 – not because I had just completed my first obstacle course since basic training, but because I was reminded of the type of camaraderie possessed by those serving in uniform.

As I try to live healthy for the rest of June, I will face many more obstacles. And I will rely on those around me for motivation and support. The support will come in different forms – my wife cooking a healthy meal even though she didn't sign up for this Men's Health Month challenge, or Staff Sgt. Fayloga showing up at my door the day after the obstacle course to go on a four-mile run, while encouraging me the entire time to pick up the pace.

It is those around me that will ultimately give me the extra push I need to overcome my obstacles and change the way I live – not only for June – but for the rest of my life.



Marine Corps Staff Sgt. Mark Fayloga, Marine Corps social media chief, encourages Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, as he climbs a rope at the obstacle course at Fort Meade, Md. during Ross' "Get Healthy Like A Man" campaign. (Photo by Marine Corps Cpl. Daniel Wetzell)

Click below for Paul's previous "Get Healthy Like A Man" entries:

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Written on JUNE 27, 2013 AT 2:27 PM by PROSS

Get Healthy Like A Man: Fitness Test Redemption – sort of.

Filed under [UNCATEGORIZED](#)

(NO COMMENTS)



Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, performs the push-up test as part of a Men's Health Month social media campaign. (Photo by [unintelligible])

(Editor's note: Throughout the month of June, Navy Medicine is celebrating Men's Health Month by urging our male Sailors, Marines, civilians and family members to "Get Healthy Like a Man." Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, will be blogging about living healthy during the month.)

By Paul Ross, deputy public affairs officer, U.S. Navy Bureau of Medicine and Surgery

Satisfactory.

The word has never sounded so sweet.

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There are a lot of things I do that are considered unsatisfactory. The way I shoot a basketball is a good example – hitting the backboard 10% of the time would be a historic victory. In sixth grade I averaged four points – not a game – for the entire season. The way I dance is unsatisfactory. I have one move and it’s the Robot, which my wife ~~hates~~ loves for me to bust out at weddings in front of family and friends. Smiling for photos is also listed under unsatisfactory – which is evident from the goofy grin on my face in my first school picture, where I’m donning thick plastic glasses that were taped together – nerd-style before it was cool to be a nerd. I display the same awkward smile decades later in our most recent family portrait.

Then there are things I do in life that are satisfactory, which means I do them acceptably – though not outstanding or perfect. My grilled cheese sandwich skills are satisfactory – or so says my seven-year-old. Growing a beard, playing guitar, and answering Jeopardy questions ~~after I hit pause on my DVR~~ right away, all fall in this category. Singing Justin Timberlake – acapella – in the shower/car/waiting room of a Jiffy Lube also should be considered something I do acceptably (okay, maybe that one belongs on the first list).



Lt. Cmdr. Darla Dietrich holds the feet of Paul Ross, BUMED deputy public affairs officer, during the sit-up portion of the Navy Physical Readiness Test. (Photo by Valerie Kremer)

Today I found something else that I do satisfactorily.

It’s been 25 days since I first took – and failed – the Navy Physical Readiness Test (PRT), which is broken into the categories of “maximum,” “outstanding,” “excellent,” “good,” “satisfactory,” or “failure.” Sure, I missed the lowest possible passing category by a mere two sit-ups last time, but I failed none-the-less. I took the test again this morning after nearly a month of eating healthy and working out regularly and like

the pint-sized Rudy Ruettiger getting a sack for the golden-domed Irish in a meaningless game, I found redemption, sort of.

The initial numbers were promising. As I stepped on the scale I was proud to see I had lost nine pounds from the original 205 I had ballooned up to. My waist and neck each lost an inch to 36 and 16, respectively.

Next up was my arch-nemesis – the dreaded sit-up. This is what caused me to fail my first test when I was two short of what I needed to pass. Well, well, well ... not today exercise that I hate more than getting dental work done without Novocain! Today I did 44. While this number may not seem spectacular to most readers, and it’s short of my goal of 50, it was a hard-earned satisfactory.

While I haven’t been doing a ton of sit-ups, because I wasn’t training specifically for the PRT, I have been doing a lot of push-ups. So I was disappointed with the 45 I knocked out. It’s better than the 40 I did last time, but I wish I could’ve squeezed out at least five more. This however, fell into the “good” category.

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The run was one of my prouder moments. My target was to run a sub-12-minute mile and a half. I originally ran the distance in 13:42. I was able to cut more than a minute off the run, turning in a time of 12:23, while still using a treadmill because of the weather. But the run was not without its dramatic moments. While ~~Bonnie Raitt~~ hip-hop was blaring in my ears, my spastic running style caused me to knock my phone off the treadmill not once, but twice. I didn't stop running as someone handed the musical motivation back to me. But after the second drop I let the phone stay on the ground as I worked my way through the last half mile. Would I have run it in 11 minutes with the music – probably (not a chance). But my time was good enough to put my run in the “good” category.



Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, performs the run portion of the Navy Physical Readiness Test. (Photo by Valerie Kremer)

After compiling all the scores in the PRT calculator I still received an overall score that was satisfactory, despite scoring “good” in a few of the categories.

I did not meet my goals for any of these categories, but I made improvements in each. While striving for satisfactory should not be my goal, or anyone else's, making improvements is still notable progress. I feel much better and have gotten used to eating a diet that doesn't consist of Little Debbie's and the left over frosting from our electric mixer after my wife bakes a cake.

As far as my [16 Mostly Attainable “Get Healthy Like A Man” Goals For Myself From Myself](#), I won't be the dad wearing a shirt at the pool this summer, I didn't eat a bite of fast food, I believe I inspired some others to get healthy, and I had as much fun as a man not being allowed to lick the beaters after his wife bakes a cake can have.

Living healthy throughout the month has taught me that it doesn't have to stop on July 1. I will continue my diet and working out regularly, while making some exceptions because you have to have balance in your life. As far as my fitness test scores go, there's always next year.

But for now, I am proud to call myself satisfactory.

Blog #4: [Get Healthy Like A Man: Overcoming Obstacles](#)

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Written on JUNE 28, 2013 AT 12:09 PM by [PROSS](#)

Get Healthy Like A Man: An Epilogue

Filed under [UNCATEGORIZED](#)

(ONE COMMENT)



Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, shares his thoughts on his experiences during his Men’s Health Month quest to “Get Healthy Like A Man.” (Photo courtesy of Paul Ross)

(Editor’s note: Throughout the month of June, Navy Medicine is celebrating Men’s Health Month by urging our male Sailors, Marines, civilians and family members to “Get Healthy Like a Man.” Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, will be blogging about living healthy during the month.)

By Paul Ross, deputy public affairs officer, U.S. Navy Bureau of Medicine and Surgery


As I close out Men’s Health Month and my goal to “Get Healthy Like A Man,” I’ve tried to focus on becoming an overall healthier person. I’ve eaten a diet full of fresh foods and cut out all the junk. I’ve worked out regularly and feel stronger and fit. I’m down nine pounds and [conquered \(sort of\) the PRT](#), and although I did not accomplish all of my goals, I made progress toward eventually achieving them.


I’ve learned that planning for your goals is as important as setting them. I’ve learned that getting healthy is hard work and requires changing your ways — not for a month — but for your lifetime. But adjusting your lifestyle isn’t as hard as it seems when you break it down into a manageable routine.


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Marine Corps Staff Sgt. Mark Fayloga, Marine Corps social media chief, encourages Paul Ross, U.S. Navy Bureau of Medicine and Surgery deputy public affairs officer, as he climbs a rope at the obstacle course at Fort Meade, Md. during Ross' "Get Healthy Like A Man" campaign. (Photo by Marine Corps Cpl. Daniel Wetzel)

As I made my transition to a healthy lifestyle, I also focused on what a man should be. I'm not thinking just in terms of being healthy enough to walk up a flight of stairs without an oxygen tank. I'm not talking about manliness in terms of bare-knuckle boxing a bear or scaling Mount Kilimanjaro. I'm talking about the real definition of a man.

Sure there are some criteria that automatically make me a man such as the Y chromosome and a propensity to leave toilet seats up.

But what truly makes a man? Is it the lessons my father taught me? My favorite one from childhood was,

"Don't start fights ... finish them." It wasn't that my dad was telling me to beat people up. His words were telling me to be strong and not let people walk all over me – a lesson I've employed throughout my life.

So in between the push-ups, the running, the eating healthy and the blog writing, I tried to take stock of what being a man really means. Here's the advice I'm giving myself:

1. Be a role model. For your children, for the next generation, for your siblings, friends and society. Remember that you represent the Navy. Do it with class and do it with pride.
2. Work out. It keeps your body healthy and your mind clear. Find the way that's right for you and keep a routine. But balance it with the rest of your priorities.
3. Don't be afraid to look foolish. Life's too short not to run around like a maniac at the park because your three-year-old wants you to chase him. Turn that baseball cap backwards, tighten up those New Balance laces, and run around like you're a kid again.
4. Let go of anger. Everyone gets angry at times, but yelling because of traffic or letting stress eat you up inside is no way to live. Find the joy in the world, because there's plenty of it out there.
5. Be confident, not cocky.
6. A firm handshake and a warm smile go a long way.
7. Always look for ways to improve. Find a new hobby. Make something with your bare hands. Read a classic novel. Take a calligraphy class (okay this might not be the manliest suggestion) ... but you get the point. You can always be better.
8. Don't be afraid to fail. Failure just means you tried. If you don't try, you'll never find success.
9. Know when to speak. But more importantly, when to listen.
10. Find happiness. Being a man isn't about being selfish and making you happy. It's about

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being content because you've made those who depend on you happy. It's about not letting these people down, whether it's your family, friends, or co-workers.

While my list is not the end-all, be-all guide to being a man, they are rules I've developed to strive to live by in my life. That doesn't mean they'll work for you, but I'm going to try and follow them because I believe they'll work for me. As far as this having a tie to my Men's Health Month goals, being happy and maintaining sound mental health is as important, if not more so, than physical fitness.

There are many aspects of my list that I still have to improve upon and many health goals that I want to achieve. But having a guide for what makes you the type of man you want to be is important. Men's Health Month comes along for 30 days once a year. But we are still men the other 335 days on the calendar.

As I bid farewell to Men's Health Month, I encourage all the men reading this to get healthy – mentally and physically. But more importantly, to be the type of men who make people proud.

Thanks for reading.

(Attention all women readers: Remember we will be doing a similar campaign in October, which is Women's Health Month.)

- Blog #5: [Get Healthy Like A Man: Fitness Test Redemption – sort of](#)
- Blog #4: [Get Healthy Like A Man: Overcoming Obstacles](#)
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- Blog #2: [Get Healthy Like A Man: Fitness test Failure](#)
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Lt. Neil Cascardo, Medical Service Corps personnel planner and one of U.S. Navy Bureau of Medicine and Surgery's (BUMED) assistant command fitness leaders, tells Paul Ross, BUMED deputy public affairs officer, his time for the run portion of the Navy Physical Readiness Test. Ross took the test as part of a Men's Health Month social media campaign. (Photo by Valerie Kremer)

Dr. X

Incredible ending to an amazing month of blogs. If it doesn't inspire other men (and women) to take steps to getting healthy, I don't know what will. Thanks for all the time and dedication you've put into this month. I have a request of you Mr. Ross, is there any way you could continue this blog, and maybe once a month put in some tips for nutrition, fitness, mental health, etc. As an avid reader of this blog, I'd love to have some reminders, tips, etc. at the beginning or end of the month to help motivate me. Thanks again!